

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avo, Olives & Roasted Tomatoes Baguette	✓	✓	✗					WHEAT, RYE, BARLEY, OATS						✗			PINENUTS
Chicken Caesar Baguette			✗	✗	✗			WHEAT, RYE, BARLEY, OATS		✗			✗	✗		✗	
Chicken Salad Baguette			✗	✗	✗			WHEAT		✗			✗	✗			
Free Range Egg Mayo & Roasted Tomatoes Baguette	✓		✗		✗			WHEAT		✗			✗	✗			
Pole & Line Caught Tuna Mayo & Cucumber Baguette			✗		✗			WHEAT		✗			✗	✗		✗	
Posh Cheddar & Pickle Baguette	✓		✗	✗	✗			WHEAT, RYE, BARLEY, OATS		✗			✗	✗			
Smoked Salmon & Free-Range Egg Mayo Baguette			✗		✗			WHEAT		✗			✗	✗			
Smoked Salmon, Soft Cheese & Dill Baguette			✗	✗				WHEAT, RYE, BARLEY, OATS								✗	

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Breakfast		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Almond Croissant	✓			✗	✗		WHEAT									ALMOND
Banana & Honey Breakfast Bowl	✓			✗			OAT									CASHEW, PECAN
Bircher Muesli	✓			✗			OAT									PISTACHIO, CASHEW, PECAN
Berry Yoghurt Parfait	✓			✗			OAT									CASHEW, PECAN
Fresh Fruit Yoghut and Granola	✓			✗			OAT									CASHEW, PECAN
Sunshine Parfait	✓			✗												
Very Berry Croissant	✓	✓					WHEAT									
Chocolate Croissant	✓			✗	✗		WHEAT		✗							
Zataar Croissant	✓		✗	✗	✗		WHEAT		✗			✗	✗			ALMOND, WALNUT
Five Berry Breakfast Bowl	✓			✗			OAT									CASHEW, PECAN
French Butter Croissant	✓			✗	✗		WHEAT									

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Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT									
Pain au Raisin	✓			✗	✗		WHEAT		✗							
Pret's Veggie Brioche	✓			✗	✗		WHEAT									
Turkey Bacon & Egg Brioche				✗	✗		WHEAT									
Chicken Sausage and Egg Brioche				✗	✗		WHEAT									

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Cold Drinks

Suitable for

25th Jul 2021 V1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coconut Water	✓	✓														
Easy Green	✓										✓					
Essential Green	✓	✓									✓					
Essentially - Nourish Me	✓	✓														
Essentially - Hit Me	✓	✓									✓					
Essentially - Wake Me	✓	✓														
Nai's Jasmine White Tea	✓	✓														
Nai's Hibiscus Flower Tea	✓	✓														
Nai's Moroccan Mint Tea	✓	✓														
Nai's Ginger Green Tea	✓	✓														
Orange Juice - Cold Pressed	✓															
Pineapple Powwow	✓															
Pepsi	✓	✓														
Pepsi Light	✓	✓														
Pomegranate Juice - Cold Pressed	✓	✓														
Root Reboot																
San Pellegrino	✓	✓														
Sunny Dayz																
Voss Still Water 330ml	✓	✓														
Voss Still Water 850ml	✓	✓														

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Fruit		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Mango & Lime	✓															
Superfruit Salad	✓	✓														

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Avocado				✓	✓		WHEAT, BARLEY		✓			✓	✓
Cracking Egg Salad	✓				✓		WHEAT, BARLEY		✓			✓	✓			
Wild Crayfish & Rocket					✓		WHEAT, BARLEY		✓			✓	✓	✓		
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Summer Chicken				✓	✓		WHEAT, BARLEY		✓			✓	✓			PINENUTS
Pret's multigrain open sandwich - Salmon & Soft Cheese				✓			GF OAT								✓	
Pole & Line Caught Tuna & Rocket					✓		WHEAT, BARLEY		✓			✓	✓		✓	
Pret's multigrain open sandwich- Chicken Caesar & Avo				✓	✓		GF OAT		✓			✓	✓		✓	
Pret's multigrain open sandwich - Smashed Avo	✓	✓					GF OAT									

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brie, Avocado & Tomato Toastie	✓		✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓							
Chipotle Chicken Toastie			✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓				
Chicken, Avocado & Basil Toastie			✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓			
Pizza Giardiniera (Vegan)	✓	✓					WHEAT		✓				✓			
Pizza Margherita	✓			✓			WHEAT									
Pizza Meat Feast				✓			WHEAT				✓					
Pizza Chipotle Chicken				✓			WHEAT					✓	✓			
Chipotle Chicken Hot Wrap				✓			WHEAT, RYE		✓			✓	✓			
Classic Cheese Toastie	✓		✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓				
Falafel & Halloumi Hot Wrap	✓		✓	✓			WHEAT, RYE									
Macaroni - Beef Bolognese				✓			WHEAT				✓					
Macaroni - Salmon & Dill				✓			WHEAT								✓	
Macaroni - Veggie Meatball	✓			✓			WHEAT				✓	✓				
Sausage Roll				✓	✓		WHEAT									
Tuna Melt Toastie			✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓		✓	
Omelette Mushroom and Spinach	✓			✓	✓				✓							
Omelette Feta & Red Pepper	✓			✓	✓											
Pret 's Porridge	✓	✓					OAT		✓							

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Pret Snacks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret A Mango	✓	✓														
Burts - Sea Salted	✓	✓														
Burts - Mature Cheddar	✓			✓												
Burts - Sweet Chilli	✓	✓							✓							

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Soups		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Malaysian Chicken														
Souper Tomato	✓	✓															
Carrot & Coriander				✓							✓						
Pumpkin & Corn Chowder				✓							✓						
Mushroom Risotto	✓			✓							✓						
Soup Bread	✓	✓					WHEAT										

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Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado, Mozzarella & Roasted Peppers Salad Large	✓			✓								✓	✓			<b>PINENUTS</b>
Caesar Salad			✓	✓	✓		<b>WHEAT, RYE</b>		✓			✓	✓		✓	
Chef's Italian Chicken Salad Large				✓	✓		<b>WHEAT</b>		✓			✓	✓		✓	<b>PISTACHIO</b>
Chef's Italian Chicken Salad Small				✓	✓		<b>WHEAT</b>		✓			✓	✓		✓	<b>PISTACHIO</b>
Smoked Salmon Salad Large												✓	✓		✓	
Smoked Salmon Salad Small												✓	✓		✓	
Super Food Salad	✓	✓	✓						✓			✓	✓			<b>PISTACHIO</b>
Tuna Nicoise Salad Large					✓							✓	✓		✓	
Tuna Nicoise Salad Small					✓							✓	✓		✓	
Wild Crayfish & Avocado												✓	✓	✓		

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Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken & Smashed Avo Pot			✓		✓		<b>WHEAT</b>		✓			✓	
Edamame Beans Pot	✓	✓							✓							
Salad - Salmon Protein Box					✓				✓			✓	✓		✓	
Coco-Nut Protein Ball	✓	✓							✓							<b>COCONUT CASHEW</b>
Egg & Avocado Protein Pot	✓				✓											
Espresso Mocha Protein Ball	✓	✓							✓							<b>COCONUT CASHEW</b>
Cherry Bites Protein Ball	✓	✓							✓							<b>CASHEW ALMOND</b>

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Barista Prepared	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Coffee</b>																
Black Filter Coffee	✓	✓														
Cappuccino	✓			✗												
Flat White	✓			✗												
Latte	✓			✗												
Mocha	✓			✗												
White Americano	✓			✗												
Coconut Flat White	✓	✓														
Coconut Latte	✓	✓														
Coconut Mocha	✓	✓														
<b>Tea</b>																
Ceylon Breakfast Tea	✓			✗												
Earl Grey Tea	✓			✗												
Fennel & Mint Tea	✓	✓														
<b>Flavoured Latte</b>																
Chai Latte	✓			✗												
Chai Latte with Rice-Coconut	✓	✓														
Chai Latte with Oat	✓	✓														
Chai Latte (Soya)	✓	✓							✗							
Matcha Latte with Oat	✓	✓														
Matcha Latte with Rice-Coconut	✓	✓														
Matcha Latte (Soya)	✓	✓							✗							

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Barista Prepared	Suitable for		Contains these allergens													
	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Hot Chocolate</b>																
Hazelnut Hot Chocolate	✓			✓												
Hazelnut Hot Chocolate with Oat	✓	✓														
Hazelnut Hot Chocolate with Rice-Coconut	✓	✓														
Hazelnut Hot Chocolate (Soya)	✓	✓						✓								
Hot Chocolate	✓			✓												
Hot Chocolate with Oat	✓	✓														
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate (Soya)	✓	✓						✓								
<b>Syrups</b>																
Caramel Shot	✓	✓														
Hazelnut Shot	✓	✓														
Mint Shot	✓	✓														
<b>Smoothies</b>																
Berry Blast	✓	✓														
Strawberry & Banana Smoothie	✓	✓														
Mango & Pineapple Fruit	✓	✓														
<b>Frappes</b>																
Chocolate Frappe	✓			✓												
Classic Frappe	✓			✓												
<b>Iced Drinks</b>																
Iced Black Americano	✓	✓														
Iced Coconut Latte	✓															
Iced Chai Latte	✓			✓												
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced White Americano	✓			✓												
Iced Latte	✓			✓												
<b>Powder</b>																
Brown Sugar	✓	✓														
Cinnamon	✓	✓														

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Sweet Treats	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Muffin	✓			✓	✓		WHEAT		✓							ALMOND HAZELNUT PECAN, WALNUTS
Double Berry Muffin	✓			✓	✓		WHEAT									
Dark Chocolate and Almond Butter Cookie	✓	✓					WHEAT									ALMONDS
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT									
Love Bar	✓			✓			OAT		✓							ALMOND, PISTACHIO
Popcorn bar	✓			✓					✓							

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Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Pecan and Caramel Cookie	✓			✓			WHEAT		✓							PECAN, ALMOND HAZELNUT MACADAMIA CASHEW, PISTACHIO
Very Berry Vegan Croissant	✓	✓					WHEAT									
Ginger Snap Biscuit	✓			✓			WHEAT		✓							ALMOND, HAZELNUT PECAN

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Wraps		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Chipotle Chicken Flatbread				✓			WHEAT		✓			✓	✓			
Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE		✓			✓	✓			
Falafel Flat Bread	✓	✓					WHEAT					✓	✓			
Mediterranean Tuna Flat Bread					✓		WHEAT		✓			✓	✓		✓	

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Coffee Products		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee Classic Ground 200g	✓	✓														
Coffee Espresso Beans 200g	✓	✓														
Coffee Single Origin Ground 200g	✓	✓														

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## Sandwiches

Suitable for

25th Jul 2021 V1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Kids Cheese	✓			✗			WHEAT, BARLEY									
Kids Egg Mayo	✓				✗		WHEAT, BARLEY		✗			✗	✗			
Kids Tuna Mayo					✗		WHEAT, BARLEY		✗			✗	✗		✗	

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